

Affirmations to Get You Through Pandemics & Recessions

By Destiny S. Harris

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Table of Contents

Fear

Worry

Financial Strain

Income & Provision

Resources

Stress

Depression

Positivity & Optimism

Self-Care

Fear

I am free of fear.

I am confident my family and I are protected.

I am taking productive actions to mitigate fear.

I am not letting fear overtake my thoughts.

I am not letting fear overtake my emotions.

I am speaking positively over myself and others.

I exercise my autonomy.

I am making smart decisions with my resources.

I invest time in planning to stay prepared.

I will make it through this time confidently.

I always overcome fear.

I am making new decisions that will benefit me.

I educate myself, so I know what to do.

I do not let others' fear affect me.

Worry

I am calm.

I am free of anxiety and worry.

My mind is quiet.

I do not let the noise around me affect me.

I do not adopt the worries of others.

I take actions that alleviate me from worry.

I am optimistic.

Everything is working out in my favor.

I stay present.

I focus on things I can change.

I act on things I can change.

I am free of anxiety.

I do not give up or give my power away.

My soul, mind, spirit, and heart are at peace.

Financial Strain

I use my money wisely.

I spend less than what I bring in.

I am an informed user of money.

I manage my resources effectively.

I educate myself to improve my financial position.

I have more than enough.

All of my needs and good desires are met.

I can support myself, along with others.

I am financially independent.

I make sound decisions with my money.

I have a consistent, reliable source of income.

I have everything I need.

My family has everything they need.

I am giving to others.

Income & Provision

I have a recession-proof income.

I consistently provide for my family.

I am independent financially.

I make more than enough income.

I do not live paycheck to paycheck.

I am a habitual saver.

I am an intelligent investor.

I am a provider.

I am not dependent on anyone for money.

I have the resources I need to thrive.

I am unaffected by economic crisis.

I am always financially prepared.

I am a blessing to others.

I am confident about my financial status.

Resources

I have a sound place to live.

I never go without food or water.

I am grateful for all of the resources I have.

I am grateful to share my resources.

I have an abundant supply of resources.

I am blessed beyond measure.

I am helping others during hard economic times.

I have reliable transportation.

I am thankful for the clothes I have.

I have a reliable support system.

I am thankful for clean water.

I am confident I have all I need.

I maximize the resources I have.

I manage my resources efficiently and wisely.

Stress

I am free of stress.

I maintain a calm demeanor.

I am engaging in healthy thoughts.

I do not let emotions get the better of me.

I am free of anxiety.

I am letting go of unhealthy attitudes.

I am letting go of unhealthy thought patterns.

I am letting go of unhealthy habits and behaviors.

I respond to chaos with an even-temperament.

I thrive under pressure.

I make sound decisions under pressure.

I never sweat the small stuff.

I am mentally and emotionally healthy.

I take care of me.

Depression

I choose happiness.

I maintain healthy relationships with friends.

I maintain healthy relationships with family.

I have a robust support system.

I am engaging in healthy activities.

I have many exciting hobbies.

I am thankful for life.

I am having fun in both easy and difficult times.

I choose gratitude.

I am grateful for all I have.

I am passionate about living my best life.

I choose optimism.

I choose life.

I exercise regularly to release endorphins.

Positivity & Optimism

I maintain a healthy attitude about life.

I maintain a positive outlook on my finances.

I am an optimist.

I always look on the bright side of things.

I am an inspiration to myself and others.

I am motivated to be productive during this time.

I am thankful I am alive.

I am thriving during good times and hard times.

I know that I will be better than okay.

I am not worried.

I am free of trouble.

My life is easy.

Life, people, and circumstances are good to me.

I am enjoying life.

Self-Care

I take care of me.

I ensure I always take care of myself.

I never put my health on the back burner.

I always put my sanity first.

I engage in regular exercise.

I regularly stretch, breathe, and get fresh air.

I love spending time with myself.

I do things that are fun for me regularly.

I am vested in my well-being.

I know I can care for others if I take care of me.

I love myself.

I consistently enjoy activities that are fun for me.

Every day I dedicate time to self-care.

I am elevating my life each day.

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